



Her Health Is Her Fortune

Marguerite Clark
Goes Contrary to
The Old Adage

appearing exclusively in Paramount Pictures, subscribes to the fact that a screen star's health is her greatest asset. It is only by keeping in the pink of condition that she can stand the terrible strain of working day after day in the famous Players studio.

Marguerite Clark plays child parts upon the screen that present her at the age of twelve, and she carries them off as convincingly as if she were not a day older than the character which she is portraying. How does she do it? By keeping herself in such perfect physical condition that she has all the freshness and spontaneity of the child of that age.

So continuously does Miss Clark work that it requires two directors to keep pace with her in the big studio. While one director is preparing a script for her she is acting the stellar role in another production. As she takes the last scenes in her picture the director in charge takes it to the laboratory and begins cutting and assembling the production, while Miss Clark starts work under the second director. How does she stand this continuous strain?

There is only one answer: By so regulating her day that she gets a certain amount of exercise and a given number of hours of sleep every twenty-four hours. Miss Clark has always been a very abstemious eater, her daily consumption of food being less than half that of the average person. She seldom eats meat and will frequently make a meal of a salad and toast.

Miss Clark takes at least eight hours' sleep every night and never fails to indulge in some form of exercise before



she reports at the studio in the morning. Miss Clark has her own gymnasium in her home, where she spends at least a half hour every morning working upon the apparatus. She is an expert upon the flying trapeze; handles the "horse" like a trained gymnast, works the weight machines and lifts the giant dumbbells like a college athlete. She can row in the rowing machine with all the grace and abundance of a Ten Tick.

Is More Concerned
Over Her Health
Than Her Face

There is nothing which Miss Clark enjoys more thoroughly than a few rounds with the gloves—heavily padded, of course. She frequently invites one of her friends into the gymnasium, where they put on the gloves and go at each other as though they were mortal enemies. Miss Clark is particularly enthusiastic over her impromptu sparring matches because she believes that they will keep one in condition more completely than any other form of exercise. In "The Amazons" she displays many of her inimitable athletic qualifications.

The first thing that Miss Clark does upon waking in the morning is to go to her window and take ten long breaths of fresh air, no matter how low the temperature may be; then a cup of coffee and a little toast before Miss Clark goes into her gymnasium for her half hour of brisk exercise. Nearly every morning this period in the gymnasium is followed by a hard gallop in Central park or over the country roads bordering Long Island sound, according to whether Miss Clark is in her home in New York city or in her country place in New Rochelle.

No wonder, then, that the diminutive Miss Clark requires the services of two directors to keep pace with her activities before the camera and that she can play such youthful characters as Snow White, Molly Makebelieve and the Valentine Girl, the other leading roles in the productions in which she has starred, making them thoroughly charming and convincing despite the fact that they are ten and twelve years of age respectively.

If you were to ask Miss Clark for a

formula for success she would tell you to avoid all excess except work. It is her belief that no amount of work would hurt any one who keeps in proper physical condition by careful eating and well regulated exercise.

Mountainair

Dr. and Mrs. G. H. Buier, Mrs. Nordmeyer and Mrs. Dee Lee left overland Monday morning for Dallas, Texas to attend the Dallas fair and visit Dr. Buier's mother for a month.

Mr. and Mrs. Simmons and their little son and Miss McQuire are here from Texas and are at the home of H. F. McGuire. They will probably locate permanently here.

J. H. Bryan of Douglas, Ariz., has been in Mountainair this week looking after business interests.

Mr. and Mrs. Julius Meyer, of Lodi, were here Monday. Mr. Meyer attended the meeting of the county board of education.

Mr. and Mrs. Stanton, of Encino, attended the Red Cross dance last Friday evening.

County Superintendent C. L. Burt was in Santa Fe last week on business. The local chapter of the Red Cross society gave a dance last Friday night in the newly completed war room of the Willard Mercantile company which was well attended and generously supported.

The Thursday afternoon club met last week at the Red Cross room in the school building and spent the time making bandages.

Mr. and Mrs. J. A. Beal and Mrs. Bielew motored to Willard last Thursday.

Mr. C. E. Damon is here preparing for a deer hunt in the Manzanitas when the season opens.

Word has been received from Oscar Sinclair, who enlisted in the navy last spring, of his arrival in Shanghai, China. He expects to return to Japan soon.

D. P. Chappell was in Roswell this week finishing business arrangements. Mr. Chappell will enter the mercantile business here soon.

Williams, Ariz.

Mrs. Edwin Babbitt returned to Williams the first of the week and will remain here with her parents. Mr. Babbitt has gone to the training camp at Fort Riley.

Mr. and Mrs. C. D. Christensen spent the first of the week in Ash Fork.

Mr. A. Knowles of Phoenix has taken the position made vacant by the resignation of Mr. A. B. Nicolls, with the Standard Oil company.

Mr. and Mrs. Ira T. Varnell motored to the Grand Canyon Monday and spent the week there.

Mrs. McDonald Robinson announced the engagement of Miss Jean Clifford to Mr. Ray Wickens last Saturday, at a bridge-luncheon.

Mr. and Mrs. Corbett Wolfe and Mr. and Mrs. Ross Towery motored to Kingman Saturday.

Capt. Hance, "creator" of the Grand canyon was in town this week.

Mrs. A. H. Watson spent several days here this week visiting her mother, Mrs. T. A. Moore.

The Ladies aid of the M. E. church

met at the home of Mrs. E. Carlson Wednesday.

Mr. Robert Sheppard, who has been in the forest service for the past six months, has qualified for the forestry regiment and left Wednesday for the training camp.

Mrs. Edwin Kirwan was hostess at a delightful card party Wednesday. About forty guests were present.

Rev. and Mrs. Summers and son Ray will leave Monday morning for Holiville, Calif., where Mrs. Summers will take charge of the Methodist church.

The Epworth league held a taffy pull Friday night to pull taffy for the Williams soldiers in the First Arizona.

Mrs. E. B. Grim of Grand canyon spent Wednesday in town.

Mrs. Nuegelbauer and daughter Dorene left Monday for their home in Los Angeles.

A Parent-teachers' meeting was held at the school house Tuesday, October 9, under the direction of the educational department of the Woman's club. Mr. G. B. Kirkpatrick addressed the club on the bond issue.

The Maccabee ladies gave a surprise birthday party for Mrs. Selma Friday afternoon at her home, in honor of her birthday. Twenty ladies attended, each giving the guest of honor some small remembrance.

The Ladies aid will serve luncheon on November 6, election day.

The northern Arizona Sunday school conference will meet in Williams, October 17.

Flagstaff, Ariz.

Thursday night a banquet was tendered Flagstaff's drafted men at Marlar hall after an impressive service at the court house, where the roll had been called.

Representatives of the Red Cross were there to present each man with a fully equipped comfort bag. Mrs. Porter, in well chosen words told what loyalty and enthusiasm the ladies had expended their best efforts in order that the home boys might be supplied. Fully two hundred of the townspeople were there and later the boys with the local draft board were guests of Manager Costigan at the performance, "Intolerance."

Though attended with a marvelous amount of red tape, the Red Cross ladies this week succeeded in coming up to the specifications and consigned three boxes containing six thousand completed articles to the base hospital at San Francisco.

Anticipations of a royal good time were realized at the Junior Prom Friday night. From start to finish the dance contained no dull moment. The dancing hall was a scene of loyalty and patriotism. The national colors were everywhere in evidence, while aloft in the lobby the banner

of the juniors waved a welcome to the guests.

In the receiving line stood Miss Calhoun, Miss Dickerson and Miss Cavin. Greetings over, the strains of the orchestra proclaimed the signal for the grand march led by two juniors in truth, little Miss Katherine Beckwith and Master George Hanley. At its conclusion, attractive programs in red, white and blue were distributed and the dance was on.

First came the junior march, led by Miss Dickerson, in which the juniors formed the letters U. S., standing later at attention and saluting the flag while the orchestra played the national air.

Mrs. Timothy A. Riordan entertained on Monday at 6 o'clock dinner with covers laid for Mrs. Withers of Los Angeles, Mrs. Brannon, Mrs. Chambers of Oklahoma, Mrs. C. O. Robinson and Mrs. Sanford.

Mrs. L. B. Koch entertained at dinner on Wednesday Mrs. Withers, Mrs. Sanford, Mrs. Robinson and Mrs. John Verkamp.

Miss Lenore Francis was hostess at an informal dancing party last Tuesday night at the Francis home. The guests were Mr. and Mrs. John Verkamp, Mr. and Mrs. Al Sanford, Mrs. Withers, Miss Marjorie Simon, Miss Margaret Babbitt, Mr. and Mrs. Edwin Babbitt, Mr. Ed Wolf, Miss Marjorie Francis, Mr. W. R. Randolph and Mr. Ray Babbitt.

Mrs. H. C. Lockett and two children left last Tuesday for Phoenix, where they will reside until spring. Mr. Lockett will go down later.

Mrs. John Chisholm, who has been visiting in Los Angeles for a month, has returned to Flagstaff.

Mrs. James Costigan, mother of J. J. Costigan, and sister Mary, have arrived to spend the winter in Flagstaff.

Mrs. C. C. Harvey, Mrs. H. G. Elders and Mrs. Frank Noble entertained at an informal tea on last Saturday, from 3 to 5.

Mr. and Mrs. C. C. Harvey had as dinner guests on Tuesday last, Mr. and Mrs. Tom Rees, Mrs. Al Sanford and Mrs. John Withers of Los Angeles.

A farewell party was given Monday night at the Garing home for Frank Quick, who leaves soon for American Lake, where he will be temporarily stationed. The guests were Mr. and Mrs. Simmons, Mr. and Mrs. Garing, Misses McKee, Kahn, Flynn, Adkins, Ruby and Hazel Garing, Messrs. Anthony, Shaw, Keagie, Fleck, Long, Hogan, Peck and Frank Alexander.

Mr. and Mrs. W. F. Griffin returned Tuesday from the coast where Mr. Griffin went several weeks ago for his health. He returns greatly improved.

LEVI HUGHES OFFERS PLAN FOR BOND ISSUE TO SANTA FE PEOPLE

(SPECIAL CORRESPONDENCE TO MORNING JOURNAL)
Santa Fe, Oct. 12.—President Levi A. Hughes of the First National bank has worked out a plan under which the sale of the new series of liberty bonds will be greatly increased. The

bank offers to purchase at par, plus accrued interest, from its customers all the 3½ per cent bonds of the first liberty issue they purchased through the bank, provided the customers will take the sum received for the old bonds and invest it in the new bonds. The first issue was quoted yesterday in New York at 99.78, but the bank will pay par nevertheless. It will be seen that this differs materially from a more exchange which does not add

to Uncle Sam's war chest but is a direct purchase of the old bonds and an addition of the purchase price to the available funds of the United States.

Mrs. Smith Recommends Chamberlain's Tablets.

"I have had more or less stomach trouble for eight or ten years," writes Mrs. G. H. Smith, Brewerton, N. Y. "When suffering from attacks of indigestion and heaviness after eating,

one or two of Chamberlain's Tablets have always relieved me. I have also found them a pleasant laxative." These tablets tone up the stomach and enable it to perform its functions naturally. If you are troubled with indigestion give them a trial, get well and stay well.

Journal Wants bring results.



The World's Best Investment

Uncle Sam says: "I want to see a Liberty Bond in every American Home."

Safe Like a Mortgage on the United States of America.

The Hour of Danger Is Upon Us.

More Money—Less Bloodshed.

This Is the Time to Test Our Loyalty.

BUY LIBERTY BONDS

DO IT NOW!

Space donated by the Albuquerque Gas & Electric Co.

Journal Wants bring results.